

August Wellness Events
Mindfulness Month

City of Flagstaff ~ Coconino Community College ~ Coconino County ~ Coconino Accommodation School District
Flagstaff Unified School District ~ Northern Arizona Intergovernmental Public Transit Authority

STOP STRESS THIS MINUTE

Online Class
Register by August 21st

Overwhelmed, stressed out, or anxious?
Learn effective and practical ways to change
your response to stressors in 2 minutes or less!

This FREE 6 week course will consist of
recorded lectures from instructor Jim Porter, a
book, supportive emails, a stress test, and more.

Worth 6 wellness points!

SIGN UP:
<http://ezregister.com/promoters/1372/>

FACT AND FICTION OF NUTRITION

August 26th-September 30th
Wednesdays
5:30-6:30pm
Aquaplex
1702 N. 4th St. Flagstaff, AZ

This FREE class meets for one hour for 6 weeks
and includes food demos, recipes, meal plans and
more! Worth 6 wellness points!

Increase your awareness of how you feel when
you eat and discover what kind of diet works best
for you.

SIGN UP:
<http://ezregister.com/promoters/1372/>

WHAT IS MINDFULNESS

Wednesday August 19th, 12-1pm
Coconino County Health Department
2625 N. King St. Flagstaff, 86004
Ponderosa Room
Come learn techniques to calm the mind in this
one hour talk.
Worth 1 wellness point.

Sign Up: <http://ezregister.com/promoters/1372/>

FIGHT BACK AGAINST STRESS

Wednesday August 26th, 12-1pm
City Hall-Chambers
211 W. Aspen Ave. Flagstaff, AZ 86001
Come learn how stress affects the body;
specifically how the supplement PS
(phosphatidylserine) protects the brain from
becoming damaged from stress.
Worth 1 wellness point.
Sign Up: <http://ezregister.com/promoters/1372/>

ZUMBA

Wednesdays
4:15-5:15pm
Aquaplex
Movement Studio

This energizing class will
have you dancing and
having fun not even
realizing you are getting a
workout.

FITNESS

Tuesdays & Thursdays
5:30-6:30pm
Aquaplex
Movement Studio

This small group fitness class
uses circuit training. Workout
with a supportive group who
will encourage you not judge
you!

YOGA

Wednesdays
12:00-1:00pm
Aquaplex
Movement Studio

This class is great no
matter what your flexibility
or strength. Bring a mat if
you have one. Mats will
be available if needed.

